



MARCH 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Individual breastfeeding counseling available during pregnancy or after delivery. Call 301-759-5020 to schedule. (Allegany County)			Western Maryland Health Systems (WMHS) Monthly BF Support Group meets on the 4 th Wednesday of each month, 11:00 am -1:00 pm. Call: 240.964.6400 for additional information.			
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	27	28	29	30



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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day	28 Prenatal Breastfeeding Class at Western Maryland Regional Medical Center's Auditorium 6-9:00pm. To register call (240) 964-6400 (classes free of charge)	29	31	31	